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THE MORNING STATE OF Local News in English www.themorningnewsaruba.com

Monday, August 9, 2010

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Caya G. F. Betico Croes 111 - Tel: 588-9517 - Fax: 588-9518 - E-mail: themorningnewsaruba@gmail.com

Create a patchwork workshop for 60-plussers at National Library







The Aruba National Library organizes different activities for 60-plussers. On Thursday August 12 there will be a workshop on how to make a patch work. This will take place in the 'Sala Diamante' from 9 a.m. to 11 a.m.

Mrs.Desiree Eldering will conduct the workshop. Contribution is Afls 12.50 to cover costs.

Participants are asked to bring an object they would like to decorate, such as frames, boxes, bottles or canvas.

All 60-plussers are welcome to assists. Registrations are via e-mail at info@bibliotecanacional.aw or by calling at tel. 582-1580 ext. 259.

Actress, agent set to challenge Campbell diamonds testimony

THE HAGUE, The Netherlands (AFP) – Supermodel Naomi Campbell's testimony at Charles Taylor's war crimes trial is likely to be challenged today when a Hollywood film star and a modelling agent take the stand.

Both Mia Farrow and Carole White are liable to contradict Campbell when they take the stand at the "blood diamonds" trial of the former Liberian president at the Special Court for Sierra Leone in The Hague.

Court documents suggest that White will testify that Campbell knew in advance she would get diamonds from Taylor after a dinner in South Africa in 1997 -- and that she seemed disappointed with the "pebbles" she had received.

White recalled seeing two men at Campbell's room giving her "a scrubby piece of paper" containing about a half-dozen "small, greyish pebbles."

She will also testify that Campbell and Taylor were "mildly flirtatious" at the dinner -- an impression that Campbell denies -- and that she heard Taylor tell the 40-year-old supermodel that he was going to give her some diamonds.

White "heard Mr Taylor tell Ms Campbell that he was going to send her diamonds," according to notes of an interview that prosecutors conducted with White.

According to White, the court documents added, Campbell "seemed excited about the diamonds and she kept talking about them"

Farrow, who also attended the dinner, has told prosecutors that Campbell had told her and other guests an "unforgettable story" the day after the event.

"She told us that she had been awakened in the night by knocking at her door, she opened the door to find two or three men, I do not recall how many, who presented her with a large diamond which they said was from Charles Taylor," says Farrow's statement.

Help save our birds and our turtles!



Photo above shows a Loggerhead turtle hatchling traveling from its nest on one of Aruba's pristine white sand beaches. This is an endangered species and its present site has regrettably come under pressure. This hatchling was rescued by Edith and Richard van Wal of Tortugaruba. Once again, great job!

Courtesy of Aruba Birdlife Conservation



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Chavez rejects US ambassador-designate to Venezuela

CARACAS (AFP) - President Hugo Chavez on Sunday rejected Larry Palmer as the US ambassador-designate to Venezuela, and urged US President Barack Obama to "look for another candidate."

"How can you think I'd accept this gentleman coming here? You'd best withdraw him, Obama. Don't insist, I'm asking you," said Chavez in his weekly "Alo Presidente" radio and television show.

Palmer recently voiced concern about Cuba's growing influence in the Venezuelan military, which, he said was "considerably low" in morale and professionalism.

In its annual report on terrorism, the US State Department on Thursday said anti-terrorist cooperation with Venezuela had dropped to a minimum and that Venezuela's alleged support to Colombia's leftist FARC guerrillas was still uncertain.

Palmer, in his written re-

sponse, said the Revolutionary Armed Forces of Colombia (FARC) "maintain camps in Venezuela, and members of the FARC high command have occasionally appeared in public in Caracas.'

"The Venezuelan government has been unwilling to prevent Colombian guerrillas from entering and establishing camps in Venezuelan territory," Palmer added.

Chavez on Sunday also urged Colombian guerrillas to free all their hostages as part of a peace process with Colombia's new president Juan Manuel Santos.

"The guerrilla movement should show their willingness for peace, but with a convincing move. For example, release all the hostages. Why should a guerrilla movement have hostages?" Chavez said on his radio and television program "Alo Presidente."

Chavez broke off diplomatic relations with Bogota on July 22, one week after Colombia accused Venezuela of harboring leftist rebels from the Revolutionary Armed Forces of Colombia (FARC) and the smaller National Liberation Army (ELN).

However Colombia's new president offered an olive branch to Caracas on Saturday, assuring the neighboring country that "war" was not part of his vocabulary and he was ready for talks to patch up their rift.

China mudslides leave 127 dead, 1,300 missing

World Natural disasters continue



Photo depicts Chinese residents stand outside their damaged building in Zhouqu, northwest China's Gansu province on August 8, 2010, after a deadly flood-triggered landslide. At least 127 people were killed and nearly 1,300 missing after mudslides swept away homes and destroyed roads in northwestern China as the nation battled its worst flooding in a decade.

In Pakistan landslides raised the death toll in the flood-hit country Sunday, cutting off roads and hampering aid efforts as rescuers battled to beat rains exacerbating the country's worst ever floods.

Washed-out roads in the northwest made ground access to many of the 15 million flood victims impossible and many helicopters were unable to fly as heavy rains persisted,

cutting off the entire Swat valley, officials said.

In the far north of the country, 28 bodies were recovered from rubble after landslides in Gilgit-Baltistan province caused houses to collapse Saturday.

Administrative official Mohammad Ali Yougwi said up to 40 people were feared dead after the landslides hit those living at the bottom of a mountain in the town of Skardu.

Prime Minister Yousuf Raza Gilani visited flood-hit areas of Sindh province, calling again for international aid as he said the disaster had spiralled beyond the government's capac-

In Moscow air travellers were stranded Sunday as Moscow choked in the worst smog in living memory from spreading wildfires that threatened a second Russian nuclear facility.

The wildfires have killed 52 people, destroyed villages and covered Moscow with a choking smog which has also delayed flights.

Authorities said the blazes were still spreading in central Russia, with the country's worst heatwave in decades expected to continue.

Floods caused by torrential

rain left 14 people dead and several others missing in central Europe over the weekend, with residents rescued from rising waters in boats, buses and helicopters.

While rivers burst their banks and dykes were breached in Poland, Germany the Czech Republic and Lithuania, in western Europe about 500 firefighters tackled wildfires in Portugal.

THE MORNING NEWS

Your Source for Local News in English

Ingrid Does Manager

Rosalinda Maduro **Chandette Richardson Editors**

Milton Jones Project Coordinator & Graphic Designer

Rosalie Klein Reporter / Photographer

Yvonne Kromhout P.R., Sales & Marketing

Yanis Garcia

News Provider: AFP-Agence France Presse

Caya G. F. Betico Croes 111 Tel: 588-9517 - Fax: 588-9518

E-mail:

themorningnewsaruba@gmail.com

Website:

www.themorningnewsaruba.com



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SETAR N.V. offers free training for all Android users

On Wednesday, August 11, Aruba's telecommunication company, SETAR N.V. is organizing a free training for all Android users. This will take place at the SETAR center, in the INTEL building at Seroe Blanco.

Android is an operating system for mobile devices such as cellular phones, tablet computers and netbooks. Android was developed by Google and is based upon the Linux kernel and GNU software. It was initially developed by Android Inc. (a firm later purchased by Google) and lately broadened to the Open Handset Alliance. According to NPD Group, unit sales for Android OS smartphones ranked first among all smartphone OS handsets sold in the U.S. in the second quarter of 2010, at

The Android operating system is revolutionary in that it allows open source development. While previous mobile phones had a very rigid development process for applications, phones built with the Android operating system allow anyone to create applications. These appli-





cations are available through the Android Market and can be downloaded directly from the handset. Many of these applications, unlike traditional mobile phone apps, are available for free or a very low price Android offers faster internet browsing, in tegrated maping services, and social networking like Facebook, Twitter and YouTube. It alsooffers sunchronzed information, e-mail, calendar and more than 40,000 appli-

cations all for FREE. The smart phone has worldwide popularity and functions just like a computer.

SETAR's goal is to offer the Aruban community the latest in technology. Android offers users the possibility to know and feel the future in telecommunication. By organizing this seminar and training for its clients, it helps them use their phone to the max. With the training clients will get to know the basics of using Android cell phones, how to use the different applications and other valuable tips.

The training will take place on Wednesday, August 11, at the INTEL office at Seroe Blanco from 6:00 to 10:00 pm. To guarantee a seating, it is suggested to register via e-mail at customercare@ setar.aw or www. setar.aw.

Clients can also call 139 for reservations.

Seatings are limited to 30 persons, so register on time!

Colin weakens to tropical depression west of Bermuda

HAMILTON, Bermuda --Tropical Storm Colin weakened to a tropical depression in the Atlantic Ocean yesterday as it passed west of Bermuda, the National Hurricane Center (NHC) said, adding the system would dissipate later in the day.

Colin became the third named storm of the 2010 Atlantic hurricane season last week, but had already downgraded once before to a tropical depression on its faltering trajectory out in the

Atlantic, staying away from the U.S. East Coast.

The Miami-based NHC said the depression now had maximum sustained winds near 35 miles per hour (55 kph) as it passed about 45 miles (75 km) west of the Atlantic island of Bermuda, a British overseas territory that is a center for the global insurance industry.

Bermuda residents reported some rain, but no really severe weather

The weekly Bon Bini Festival is tomorrow night!

ORANJESTAD -- The weekly Bon Bini festival takes place tomorrow night at the Fort Zoutman in Wilhelminstraat. The festival is for tourists and locals to mix and mingle and enjoy a taste of Aruban culture

This weeks the festival will feature the traditional Aruban Caha d'Orgel. "Nos Cultura," musical group; "Arco Iris," Dance groups: "Youth in Action," and "Nos Fofoti," solo singer: "Jose David" and steel band: "Tradition Steel." MC is Juby

Workers strike at already paralyzed Curacao refinery

CARACAS, Venezuela - Workers are on strike at Curacao's 320,000 barrel-per-day Isla refinery that is run by Venezuela's state oil company PDVSA and has been paralyzed since March due to power problems, union sources said yesterday.

"We are still on strike," one union member, who asked not to be named, said, adding that the protest began on Saturday as a way to pressure management over the stoppage.

Workers met yesterday "to decide what steps to take in the next days," the source said.

Officials at the refinery could not immediately be reached to confirm the workers' version.

Due to problems at the Curacao Utilities Operating Co. power plant, which supplies Isla, the only part of the refinery functioning at the moment is its lubricants complex.

Naar

During the festival there will be local food, sweets and handicraft on sale.

Arubus has regularly scheduled bus transport from all hotel areas to Oranjestad's central terminal, which is only a short walk from Fort Zoutman. Round trip bus fare is US\$2.30.

Come, meet the islands, absorb some local color and culture, and get a taste of our Dushi Aruba.

The festival is from 6:30 to 8:30 p.m. Entrance is 5 Aruban florins or US\$3.



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"Dora the Explorer" atop the world on 10th anniversary



LOS ANGELES, Califormia – Though she'll forever be a seven-year-old little girl, "Dora the Explorer" celebrates her 10-year anniversary today.

To mark the occasion, the animated, bilingual television character will appear today alongside her creators and executives at Nickelodeon cable TV network to ring The Closing Bell at the New York Stock Exchange.

The network itself aired an hour-long primetime TV movie, "Dora's Big Birthday Adventure," last night. A 10th Anniversary, 12-minute documentary followed with celebrities including actresses Salma Hayek Pinault and Rosie Perez, singer Shakira and CNN

anchor Anderson Cooper among others, paying tribute to the little world traveler.

When "Dora the Explorer" first aired on August 14, 2000, Dora was the first animated Latina character on TV in a leading role. Today, she is seen by over 100 million kids around the world. The show airs in over 150 countries, and it is translated in over 30 languages. Since 2002, her character has accounted for more than \$11 billion in consumer product sales.

"Dora the Explorer" episodes are both educational and interactive as the character starts out the episodes to find a destination then counts on viewers to help her reach it.



Cactus





Cacti with ripe fruit

fallen soldier

There is no way to talk about Aruba's cunucu without talking about cactus. We have so many kinds, and most people think of the tall pipe-like stems of the cadushi, when they talk about cactus, but even those have many, many different kinds. One very special one is the "Dama di Anochi"- "Lady of the Night," as the beautiful white flowers only open when it is dark.

From the tall cactus we used to harvest the inner folds and a part of the plant we would peel away-it is called "Breba." We would dry it in the sun and use in fish soup when we couldn't afford to buy yambo - okra. It has a very similar consistency when cooked, and is supposed to be good for the digestion.

Also from the cadushi and the tuna cactus we can find a nice fruit, very sweet, but full of thorns. After taking off the thorns, it is good to rub it a little bit on your sleeve before you open it and eat it. Tuna also produce a very beautiful yellow flower.

The bushi, the funny round cactus that grows low to the ground, also has a very nice fruit; it is a bright, bright pink like the flowers and looks like a small pepper. It is a little tangy and has lots of vitamin C; I think it is best to eat right away, when you try to take them home, they dry up in your pocket. These are very hard to find, the birds and lizards love them too.

Just recently a trip in the cunucu made me very sad; I



Ahhh, Cacti fruit

found a very big, old cactus that had fallen and was dying. It probably had wood ants, (termites) and this year has been very, very dry, so it fell. Things will still live in it, lizards and such, and eat the insects that also live there, so it is part of the way of things, it will give life even as it dies.

I am much sadder when I see whole areas of cactus and trees, home to all sorts of birds and animals, die from the bull-dozer. Those will never give back to the cunucu like this old cactus, which had seen its time. I think we must all think about this a lot more as Aruba keeps building and building; all the creatures that will die along with the cactus.

EDITOR-Madi Kock's stories of Aruba run in the THE MORNING NEWS every Monday. Her family has lived here for more than five generations, and she



Bushi

shares her love of the island and her knowledge of its lore, nature and traditions with her guests. Visitors can indulge in one of her very personal and limited seating tours by calling 746-1397 or 749-7494.

Enjoy!

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www.diviarubaresidences.com

Shabby Shic offers the latest in Summer Fashion





Hot! Hot! Hot! This Summer will surely be hot, but Shabby Shic makes it "hotter" with its absolutely fabulous looks. The establishment makes a point to always to be a step ahead in presenting the latest in fashion.

A visit in the store is always a satisfying experience for customers, as they will

not only find new arrivals every week but also a wide selection of the latest look in jeans, jumpers, maxi dresses, shorts, cocktail dresses, skirt and blouses.

Uniqueness is style that is Shabby Shic's slogan and what they believe in and this is reflected in their special collection of sizes 10 – 1214- 16, and their assortment of jewelries: one-of-a-kind accessories like hairpieces, scarves, hats, bags and belts. "You don't have to be a size zero to be glamorous and gorgeous," a spokesperson says.

If island fashionistas are in a quandary as to what to wear for a special occasion, a visit to Shabi Shic will provide



them with plenty inspiration in elite and fashionable items, making them stunningly beautiful, with the classy look every woman desires.

Shabby Shic is located at

Avenida Milo Croes 12 in the commercial district of Dakota. Opening hours are Monday to Saturday, 10:00 a.m. to 7:00 p.m. Tel: 583-3412



*matinee: everyday | **late show: friday & saturday

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THE OTHER GUYS (ACTION/ADVENTURE AND COMEDY) - Detective Allen Gamble is a forensic accountant who's more interested in paperwork than hitting the streets. Detective Terry Hoitz is a tough guy who has been stuck with Allen as his partner ever since an unfortunate run-in with Derek Jeter. Allen and Terry idolize the city's top cops, Danson and Highsmith, but when an opportunity arises for the Other Guys to step up, things don't quite go as planned.

Science/Tech

Women are attracted to men in red

OK, guys, here's a tip about romance: Wear red. It might help you catch the eye of women.

A new multicultural study finds that women are attracted to the color red when looking at men -- and they aren't even aware of this arousing effect.

Researchers at the University of Rochester find in a new study that the charm of cherry may be its ability to make men appear more powerful.

"We found that women view men in red as higher in status, more likely to make money, and more likely to climb the social ladder," says Andrew Elliot, PhD, professor of psychology at the University of Rochester. "And it's this high-status judgment that leads to the attraction."

So what's going on here? The study authors say that for humans, evolutionary biology and culture seem to be at work in making the color red a hot one.

Elliot says that red traditionally and across many cul-



tures is seen as a sign of wealth and power, and that since the days of ancient Rome, the vibrant color has conveyed elevated status and prosperity.

And even today, they report, previous research has shown that businessmen wearing red "power ties" give off an aura of confidence, and they note it's apparently no coincidence that when celebrities and dignitaries are feted, a red carpet is rolled out.

In seven different experi-

ments, Elliot and colleagues analyzed responses from 288 female and 25 male undergraduates to photographs of men. All participants identified themselves as heterosexual or bisexual.

At one point, participants looked at a man's photo that was framed by a border of either red or white and asked questions such as, "How attractive to you think this person is?"

Other tests contrasted red with gray, green, or blue. Color intensity was the same to prevent results from being attributed to differences other than hue.

In several experiments, the shirt of the man in the pictures was digitally colored red or another hue. Participants rated the pictured man's status and attractiveness and reported on their willingness to date, kiss, and engage in other sexual activity with him.

And they also rated their perception of his general likability, kindness, and extraversion.

The red effect, the researchers say, was limited to romance and status. Red made guys seem more powerful, attractive, and sexually desirable, but not more likable, kind, or sociable.

Animal Magnetism

Female undergraduates from the U.S., England, Germany, and China all found that men in the photographs were more attractive when wearing red or bordered by the color.

Males asked to rate attractiveness of a pictured male saw no difference when other colors were used.

When women see red, it triggers something deep and probably biologically engrained," Elliot says in a news release. "We say in our culture that men act like animals in the sexual realm. It looks like women may be acting like animals as well in the same sort of way."

Yahoo Launches 'Infinite Browse' for News Stories Trying to push users to The goal is to encourage

Trying to push users to further engage with a Web site's content may be an established practice, but new methods are always being tried. A case in point: Yahoo's "infinite browse".

The feature, in testing now at Yahoo News, adds a small window of search results at the end of a Yahoo News story, with results on the topics found within the news story

The goal is to encourage users to continue searching and consuming content within the Yahoo network, which Yahoo executives called search by clicking at a February event. Yahoo has encouraged users to "explore" its pages via search and other means, while rival Microsoft and its Bing technology has pitched itself as a "decision" engine.

Apple Japan to improve iPod Nano fire warnings

TOKYO (AFP) – Apple's Japanese unit has promised to improve website warnings over its first-generation iPod Nano music player after incidents of it overheating and catching fire, a government statement said.

The Ministry of Economy, Trade and Industry said in a weekend press release that Apple Japan had submitted a report about measures it has taken against the incidents -such as giving warnings or recalling the products.

The report was filed in response to an order issued a week ago by the ministry after recharging problems caused 27 overheating incidents, including six fires, which left four people with minor burns.

"The ministry is in the process of closely examining the report and making additional inquiries to the company," the statement said.

Apple has sold about 1.8 million units of the 2005 iPoD Nano model in Japan since September 2005.

The Japanese unit has put information on its website about the problems, including recommending battery replacements. However, the lack of prominence given to the warnings has provoked criticism.

The ministry statement said that Apple Japan has vowed to "improve the homepage in a way to make it easy for users to understand with regard to warnings and measures to prevent recurrences of incidents."

HEALTH - LIVING

Depression linked to slow healing of diabetic foot ulcers

The healing of diabetes-related foot ulcers is affected by patients' coping styles and their levels of depression, new research shows.

The study included 93 diabetic patients with foot ulcers who were monitored for 24 weeks. The size of each patient's ulcer was measured at the start of the study, and again at six, 12 and 24 weeks. The researchers also assessed the participants' levels of psychological distress, coping styles and levels of the stress hormone cortisol.

The likelihood that the ulcer would heal over the 24 weeks was predicted by how an individual dealt with the situation, the study authors found. The ulcer was less likely to be healed in patients who had a "confrontational" method of coping (characterized by a desire to take control) with the ulcer and its treatment.

"My colleagues and I believe that this confrontational approach may, inadvertently, be unhelpful in this context

because these ulcers take a long time to heal. As a result, individuals with confrontational coping may experience distress and frustration because their attempts to take control do not result in rapid improvements," Kavita Vedhara, of the University of Nottingham in England, said in a university news release.

The researchers also found that depression appeared to have a major effect. Patients with depression showed less ulcer improvement or healing by the end of the 24 weeks, according to the report published in the August issue of the journal Diabetologia.

The findings have led to a follow-up project to develop psychological treatments to reduce depression in patients with diabetic foot ulcers and help them cope more effectively with the condition.

Up to 15 percent of patients with type 1 and type 2 diabetes develop foot or leg ulcers, which are open sores that form when a minor skin injury fails to heal.

Early steps can protect your knees, prevent later problems

Protecting your knees when you're younger may help prevent serious problems such as arthritis and the need for knee replacement when you're older, an expert advises.

Research indicates that nearly half of adults develop arthritis in at least one knee by age 85, and the risk is even greater for obese people. Extra pounds increase the strain on knee joints, noted Dr. William J. Bryan, an orthopedic surgeon at the Methodist Center for Sports Medicine in Houston.

"Every time you take a step you apply three times your body weight to the knee. When you run it's five times, when you jump it's seven times. If you are experiencing frequent knee pain, lifestyle changes might be in order," Bryan said in a news release from the Methodist Center for Sports Medicine.

weight loss is 70 percent diet and 30 percent exercise, he explained. "If you think you can eat the same and exercise the pounds away, you are mistaken. You have to change your attitude about the refrigerator for weight loss to happen," he said.

In terms of exercise, lowimpact activities such as

swimming and cycling are better for your knees than high-impact workouts such as running or aerobics. Having good core strength (abs, back and pelvis) also helps protect your knees, Bryan

"If you have a strong core, you can better position your foot or knee on the ground to prevent damage. This is true whether you are exercising or performing mundane tasks such as getting out of the car and walking down the stairs," Bryan said in the news release.

Orthotics may also help protect your knees. Your knees can be subjected to abnormal stress if your shoes don't give you a stable base as you walk. Many patients experience dramatic reductions in knee pain after getting orthotics or shoes specifically made to fit their feet, according to Bryan.

II you have knee pain that has lasted more than two weeks, you need to see a doctor because there might be something mechanically wrong with the knee," he said. "Making a few lifestyle changes might give you a better chance at staving off arthritis and/or eventual knee replacement," he added.

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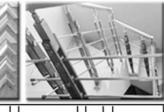
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For College Freshmen, Leaving Home **May Bring Mixed Emotions**

checking out the numerous

types of events offered on

campus. This will help you

meet more people and reduce



Moving from home to attend college or university can be exciting for students but also somewhat overwhelming and intimidating.

There are a number of things they and their parents can do to ease this transition, according to experts at Ryerson University in Toronto.

Advice for students:

* Stay positive and relax. Other new students are experiencing the same thing you're going through. Introduce yourself to someone new. It's likely they don't know anyone else either.

Familiarize yourself with the city. Use public transit to learn the different travel routes. Exploration will help you find places to get the things you need and locations for things such as fun and recreation.

* If you don't know how to do something, call your familv and friends.

* Even though everything is new and exciting, you need to make classes and assignments your priority.

* Make connections by

the chances that you'll become homesick.

* Take steps to ensure your safety. Check your school's Web site for security programs or get safety advice at the student union office.

Advice for parents:

* Offer continued support through any changes in things such as clothing style, level of academic success, and interests.

* Send pictures and news items from your hometown

* Don't worry if there is an initial drop in grades or your child expresses concerns about workload.

* Don't surprise your child with unannounced visits.

Write, even if your child doesn't write back.

Discuss safety issues with your child and encourage them to find out about campus safety and security, safe travel at night, and emergency procedures.



Russians and tourists wear facemasks to protect themselves from forest fire smog while walking on Red Square in Moscow. Smog from wildfires in the countryside cloaked Moscow, with the levels of toxic particles, raising alarm over public health and numerous commuters wearing anti-pollution masks. (AFPphoto)



A classy "tailgate party" greets increased parking at Westin **Aruba Resort**



Cutting the ribbon





Anyone who has passed the Westin Aruba Resort in Palm Beach on a weekend or the nights they are frequently hosting an event in their ballroom, could not help but noticed the necessity for increased parking spaces in their hotel lot.

Management has long been sensitive to the issue, and on Friday, August 6, General Manager Richard Roy was proud to cut the ribbon on the new facility that doubles the capacity of their lot that offers secure parking for patrons of the resort.

"We wanted to make it a festive "tailgate party" for our special friends," commented Marketing Director Pat Donovan, and with freshly barbequed shrimp, rack of lamb and a beautiful display of sushi from Blossoms restaurant, they certainly succeeded.

"Our patrons often commented on the need for better parking," remarked Clifton Wong, manager of Blossoms, "Richard Roy has campaigning for a while to see this done.'

The new facility doubles the capacity of the Westin's lot, which will be good news to the steady traffic of island residents that enjoy dining in one of their many restaurants or attend any of the special events taking place their most weekends.

As always, Westin conducted the official opening of the parking lot with panache!

by Rosalie Klein



Clifton Wong of Blossoms, Edna Farro of RBTT and Richard Roy





The Morning News Sales and Marketing Director Yvonne Kromhout with Richard Roy (at left) and Pat Donovan.





Survey: Sushi is tourists' favourite Japanese dish



TOKYO, Japan (AFP) - Foreign tourists visiting Japan enjoy sushi above any other national dish, according to a survey by the Japan National Tourism Organisation.

The state-run agency said it interviewed more than 15,000 foreign tourists as they left Japan and asked what their favourite food had been during

Four out of ten picked sushi -- morsels of vinegar-flavoured

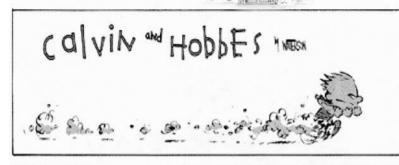
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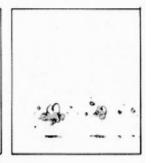
rice usually served with sliced raw seafood.

Ramen, a noodle soup that originated in China, came in second with 21 percent of visitors placing it top, just ahead of sashimi -- bite-sized slices of raw fish.

Tempura -- fish, shellfish or vegetables deep fried in batter -- was fourth and udon, a thick noodle made from wheat flour, was fifth.





























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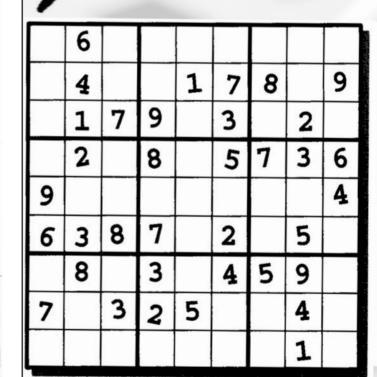
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Caution prevails, but volatility seen lower

NEW YORK ITY – U.S. stock investors are turning more to options for protection after the latest data showing the frailty of the economic recovery, but they may find some comfort in Wall Street's "fear gauge."

After a dismal July payrolls report, options investors are busy buying protective puts on a popular exchange-traded fund that tracks the S&P 500 index (.SPX), but the CBOE Volatility Index (.VIX) suggests there is no need to be too

Protective put options in the SPDR S&P 500 fund (SPY.P), also known as the SPYders. were a favorite among traders after a larger-than-expected drop in July U.S. non-farm payrolls fueled worries that the economic recovery was falter-

Put options are generally purchased as a protection against a market decline.

Meanwhile, all eyes are on the Federal Reserve, which may provide a fillip to an otherwise dull summer market.

Investors are leaning toward the view the Fed will resort once more to some mild quantitative easing, which may be good or bad for the market.

The Fed's policy-making committee is due to meet on Tuesday.

How to dominate your competition so they beg for mercy!

by Ken Varga



Hi, I am Ken Varga. I want to share with you some of the ideas, strategies, and principles that allowed me to build 35 businesses during my career.

By earnestly applying the ideas, you will learn how you too can build your business to success, while living an unhurried life, filled with family, friends, fun and a relaxed atti-

Isn't it a great exercise to create an advantage or benefit to your customer that your competition doesn't?

This does require some research on your part, because no one else is going to know your industry and how it relates to your particular business as well as you.

All you have to do is to come up with a benefit or advantage, and check out your competition to see if they offer that to their customers.

When you find that they don't, you'll probably get goose bumps because you'll be so excited.

You'll be excited because you can now go after your competitors' customers to make them your own, knowing that you have a distinct advantage over your competitors.

Here are some examples:

1) Domino's pizza delivered in 30 minutes or less, or the pizza was free.

When Domino's started, there weren't any pizza companies that guaranteed delivery within 30 minutes. Even fewer companies delivered pizza that was hot. And if the pizza was delivered late and cold, you lived with it.

There wasn't any protection or risk reversal attached.

Domino's was the first and only company to do that. And guess what, that was so distinctive, that they virtually owned the market for years and years.

2) Federal Express: When it absolutely, positively, has to be there overnight.

They offered customers a distinct advantage...that the package would be delivered overnight, by 10:30 AM, Guaranteed.

3) When Avis was struggling to come up with a marketing approach that would gain them the market advantage they desired, they needed a unique selling proposition that was very powerful.

Hertz was heads above them in size and market share.

What did they do? They came up with a great USP... "We're number 2, so we try harder."

They demonstrated that by extending themselves, by working harder, by giving you better rates, and by being cordial. They made incredible progress and growth because of this USP.

You've got to ask yourself this important question.

What superior benefit, advantage, or improved result is my business in a position to give a customer?

And here's another ques-

What superior benefit, advantage, or result am I already actually providing or supplying my customer that is so subtle that they aren't even aware of it? A benefit so subtle that

I'm actually doing my customers a disservice by not bringing it to their attention?

Your goal is to identify and telegraph to every prospect, customer or client from this day forward, that they can expect to receive on an ongoing basis, a unique benefit or advantage by doing business with your company instead of your competitors.

I want you to focus on what you're doing that your customer is not aware of, or what you can start doing for that customer, that provides them with a unique and superior benefit, advantage, or result over any other business they could chose to do business

Here's one more example...

If you're in a service business like heating or air conditioning, you could have a USP where you can have a guarantee that if your customer has a problem, you will be at their home within 1 hour of the call, or the service call is free.

Whatever your business is, you must...and I repeat... you must create a Unique Selling Proposition in order to not only stay in business, but to create new customers.

Well that's it for this Tip. I know that if you spend the time to determine what your Unique Selling Proposition is, you will not only enjoy your business but also create the profits that you're in business to create.

Let me know what ideas you come up with so that I might incorporate them in future issues of this Tip.

In the next Tip, I'm going to be writing about increasing your number of leads, prospect, inquiries and cus-

> Till the next Tip. To your success,

Ken Varga

Ph: 888-682-2596; Fax: 888-682-2597

Email: ken@kenvarga.com Website: www.kenvarga.com

YESTERDAY'S

faces 'large financial penalty' WASHINGTON (AFP) – President Barack Obama's top en-

US environment chief: BP

ergy advisor said yesterday that BP will pay a "large financial penalty" for the Gulf of Mexico oil disaster but refused to say if criminal negligence charges will be pursued.

With the ruptured Macondo well all but dead on the ocean floor as engineers shut the well for good, BP is shifting towards recovery operations including cleaning hundreds of miles of shoreline and restoring the economic health of the

Carol Browner, director of the White House Office of Energy and Climate Change Policy, stressed that the British energy giant was on the hook for billions of dollars in penalties for the largest unintentional oil spill in petroleum industry history.

"BP will be held absolutely accountable," Browner told NBC's "Meet the Press" program. "There will be a large financial penalty."

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Gold Coast Aruba: This is the time to invest

Managers of Gold Coast Aruba, the island's newest and most innovative gated community, report that sales are picking up nicely as the global economy begins to recover and those with a bit of disposal income are looking to invest in a sure thing. Gold Coast Directing Manager Fito Croes has noticed a surprising percentage of owners are barely using the villas or town homes they purchase, but taking advantage of Gold Coast's rental services to turn their investment into ready income.

"The greater portion of home owners are using their "home away from home" in Aruba to escape the winter months, or spend holidays with the family on the island," he remarked, "but I am gratified by how many are buying because they felt secure with real estate investment on Aruba. They really study the history



house complemented by two additional pools decks, one of which has been open for a year, the other will be ready for the holidays 2010. They expect the clubhouse to be ready for the community with a workout room and spectacular facilities by the end of 2011. It will also house a restaurant and minimarket.

Owners who purchased upon the groundbreaking only



and economy of the island and are impressed with the political stability and continually increasing value of prime locations. Gold Coast is in the heart of Malmok, considered Aruba's most exclusive community; in this area, the value of properties has only increased over time. It is minutes to the best beaches and all the action, and yet offers a quiet and secluded getaway; we are very pleased by the response to our concept."

Fito, with his sister Mayrin and brother Rudy run Cas Bon, which has been constructing homes and building developments for all budgets for nearly twenty years. "Gold Coast Aruba is the jewel in our crown," observes Fito. "We were very excited about this project; the scope and amenities. We talked to countless island visitors to find out what they would really want in a permanent residence on Aruba, and took from there."

Input from frequent vacationers who dreamed of their own home in Aruba will eventually be a community of 260 town homes, villas and condominiums with a stunning club-

a few short years ago, are already enjoying a nearly 50% appreciation on their investment, particularly those taking advantage of the management association's rental service, There is always a great demand for Aruba and facilities such as those at Gold Coast, making it easy for some owners to earn their mortgage payments or others to see an immediate return on their in-



vestment

The design of the structures is open, airy and spacious, fully deploying the island environment, with the finest quality construction and finish-

home management department.
Visit their website: www

Visit their website: www. goldcoastaruba.com for more details and availability or call 586-2200 to arrange a personal tour.

ing available. Partnering with two of Aruba's top providers of kitchens and bathrooms enables developers to offer custom options for clients, so buyers can individualize their homes. An elegant and chic standard package is available, or island designers will assist owners in finishing the décor

to their specific tastes. There are many aspects to purchasing property; not the least is the future value of the investment. To further enhance this, Gold Coast managers have inaugurated a number of inhouse services and are now negotiating with Interval International to provide a huge international pool for investors to tap for renters either short or long term. Property exchange for a vacation in another destination will also be available. Gold Coast's own rental services have also proven highly successful in assisting owners in renting their villas; 24-hour security and maintenance services also tip the scales when it is time to make a decision. Aside from all this, housekeeping, babysitting and catering services are also available for community members as well as airport pick-up and drop-off and pre-shopping services so cupboards and refrigerators are stocked upon arrival, which can all be arranged through their



Great deals to be found on fine and costume jewelry at Larry's



Lauren G. Adams charms and ensembles



Australian Opal single dolphin

Tucked away on the Havenstraat in Oranjestad, just behind the Renaissance Mall, is a friendly little shop offering fabulous deals on his collection of fine precious and semiprecious pieces, and they are the Aruban home of the cute and quirky Lauren G. Adams designer jewelry.

A team from THE MORN-ING NEWS went to take a look, and we were very impressed with the prices offered on Mallorca Pearls- "the affordable treasure" which have a luster and luminosity that

make them a perfect gift at the right price.

We were also taken with an entire showcase full of a personal favorite, Australian opal jewelry; the fiery blue stones have a texture and drama that imparts a singular beauty. We noticed Larry had a very large selection of animal themed pieces, adorable and appealing.

Sales girls were particularly enthusiastic about the Lauren G. Adams designs; beautiful cloisonné charms, necklaces, bracelets and rings that are infinitely affordable.

Gentleman, show woman you love she has a lock on your heart with their inlaid and sculpted key pendent collection, or construct a custom made charm bracelet both evecatching and whimsical. Color coordinated collections and reasonable prices allow one to create an entire ensemble. The charming jewelry makes very nice accessories for today's fashionable black dress, adding an individual tropical touch to the somber color that is presently required evening wear.

Larry's has a large selection and great deals, so if you are shopping for that special person or yourself, their collection is definitely worth a look.

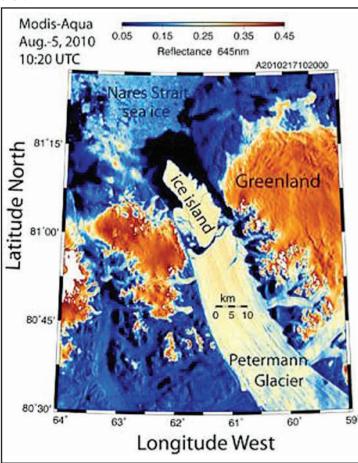
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Greenland glacier cracks sending iceberg into Arctic Ocean



A view of a section of the Petermann Glacier taken by the 'heli-cam,' a remote camera attached to a small single engine helicopter, triggered from inside the cockpit by remote control.



This is the Greenland glacier that has just split in two-sending a 100 sq mile iceberg floating off into the Arctic Ocean.

The "ice island,, as big as 48,000 football pitches, is the largest for 48 years and could cause chaos to shipping if it

drifts further south.

A Canadian researcher looking at satellite images this week spotted that the chunk had broken off Petermann Glacier. The iceberg is said to contain enough water to supply the US for 120 days.

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Japan's A-bombed Madonna becomes symbol of peace

NAGASAKI, Japan (AFP) – When the atom bomb "Fat Boy" devastated Nagasaki 65 years ago to date, one of the buildings reduced to rubble was the city's Urakami cathedral -- then among the largest churches in Asia.

The blinding nuclear flash that would claim more than 70,000 lives in the city also, in an instant blew out the stained glass windows of the church, toppled its walls, burnt its altar and melted its iron bell.

But, in what local Christian followers have likened to a miracle, the head of a wooden Virgin Mary statue survived amid the collapsed columns and scorched debris of the Romanesque church flattened on August 9, 1945.

The appearance of the warravaged religious icon is haunting. The Madonna's eyes have become scorched, black hollows, the right cheek is charred, and a crack runs like a streaking tear down her face.

"When I first saw the damaged statue, I thought the Virgin Mary was crying," said Shigemi Fukahori, a 79-year-old parishioner at the church who remembers the statue before the explosion that destroyed the cathedral that is called St Mary's in English.

"I thought it's as if the Virgin Mary is telling us about the misery of war by sacrificing herself," Fukahori said, quietly gazing at the statue. "This is a significant symbol of peace which should be preserved forever."

The remains of the statue of the Virgin Mary have found a new home inside a rebuilt church, also called St Mary's, built on the same site, only 500 meters (1,640 feet) from the bomb's ground zero.

But the powerful relic has also travelled widely as a symbol of peace -- most recently to New York for a UN nuclear disarmament conference in May, when it was also taken to a mass at the city's St. Patrick's Cathedral.

On their way, the Nagasaki



The wooden Virgin Mary statue that survived amid the collapsed columns and scorched debris of the Romanesque church flattened by an atom bomb on August 9, 1945.

religious leaders also carried the statue to the Vatican, where it was blessed by Pope Benedict XVI, and to a ceremony in Guernica, Spain to mourn the victims of Nazi air attacks during World War II.

"We travelled overseas with the statue, with the idea that we would like to ask the Virgin Mary to act for peace," Joseph Mitsuaki Takami, the archbishop of Nagasaki, said in an interview with AFP.

"There are many ways to make such an appeal -through pictures, film or narratives about the horror -- but the atomic-bombed Mary appears to have a different power to tell us about it."

Nagasaki, a southwestern port city, was Japan's sole gateway to the outside world during much of the Edo era (1603-1867) when the country retreated into self-imposed isolation.

The Edo era's Tokugawa Shogunate imposed anti-Christian edicts in the early 17th century, oppressing Christians and banishing European priests.

Some believers were martyred and others secretly maintained their creed as "hidden Christians" for more than 200

years until Japan reopened under the Meiji era that began in the late 19th century.

Some 8,500 local Christians were killed in the Nagasaki bombing.

Brother Thomas Ozaki Tagawa, speaking for other local Christians, said many were puzzled by why the United States attacked Nagasaki, Japan's largest Christian community: "Biting their lips, everybody was mortified."

While many of the survivors try to see the tragedy as a tribulation handed to them by God, their agonies are still rooted deeply in their minds.

Many Americans believe the bombs were necessary to bring a quick end to the war and avoid a bloody land invasion, but the archbishop disagrees.

"Japan killed millions in Asia, but that doesn't mean dropping atomic bombs is justified," he said. "Possessing nuclear weapons in itself is a sin"

Mayor Tomihisa Taue said: "People simply need to use the power of their imagination and consider how it would be if this happened to their family or friends. You can easily imagine that when you visit Nagasaki or Hiroshima."

United deliver early blow to title rivals Chelsea



Manchester United's Mexican striker Javier Hernandez holds the FA Community Shield after winning their football match against Chelsea at Wembley Stadium in London, England

LONDON (AFP) - Manchester United delivered an early blow to title rivals Chelsea

Dutch league results

Sunday
Feyenoord 3 Utrecht 1

Groningen 2 Ajax Amster-

Opening

2010/2011 season:

weekend

with a 3-1 victory over the Premier League champions in the Community Shield at Wembley on Sunday.

Sir Alex Ferguson's team have spent the close-season licking their wounds after being pipped to the title by the Blues, but they underlined their determination to regain the crown with a ruthless display in the annual curtain-raiser to the English top-flight season.

A first half goal from Antonio Valencia put United in front and new signing Javier Hernandez added the second after the break.

Salomon Kalou got one back for Chelsea, but Dimitar Berbatov's late strike ensured United have the early momentum heading into the new campaign.

Berbatov's goal was the product of a 20-pass move.

"It's my first goal of the season, so it's a really good day," said the Bulgarian.

"Now we will celebrate and wait for our first league game against Newcastle next week. We have a great team spirit, we are like one big family."

This may have been no more than a glamourous friendly, but there was definite edge to the match as these two old rivals tried to land a psychological blow ahead of the Premier League kick-off on Saturday.

Scotsman Franchitti captures Indy 200 title



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LEXINGTON (AFP) - Scotsman Dario Franchitti captured Sunday's Indy 200 at Mid-Ohio, trimming his gap on season points leader Will Power of Australia in the chase for the 2010 IndyCar championship.

Power, who started from the pole for the seventh time

this year, finished second with Penske Racing teammate Helio Castroneves of Brazil third over 85 laps around the 2.25-mile road course.

Franchitti, whose only prior victory this season came at the Indianapolis 500, beat the Aussie out of the pits twice and denied a fast-closing Power at the finish.

Power, who had already clinched the inaugural Indy-Car season road-course crown before the green flag, lost 10 points off his season lead but still has a 41-point advantage over Franchitti in the season standings.

Five races remain in the IndyCar campaign, the next on August 22 at Sonoma, California.



Nalbandian ends drought with Washington crown



WASHINGTON (AFP) - Argentina's injury-plagued David Nalbandian won his first ATP title since January of last year by defeating eighth seed Marcos Baghdatis of Cyprus 6-2, 7-6 (7/4) in Sunday's Washington Classic final.

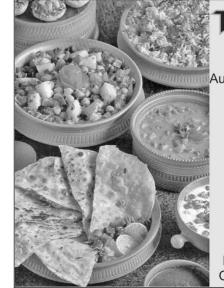
The former world number three took the 281,500-dollar top prize from the 1.4 million-dollar hardcourt event, a tuneup for the US Open that starts in three weeks, after winning the first US final either player had ever contested.

Nalbandian was sidelined nine months after hip surgery, made a brief return early this year, then missed two months with a sore hamstring before coming back in July to help Argentina reach the Davis Cup semi-finals.

Cup semi-finals.

He captured his 11th career crown in his first final since winning the title at Sydney 19 months ago.

The 28-year-old South American has missed the past six Grand Slams and had not played an ATP event since April.



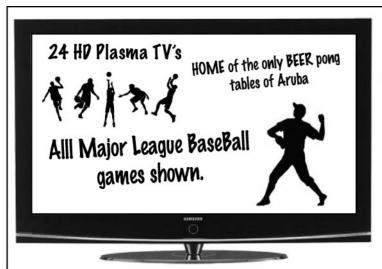
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Broken Tiger slumps to alltime low



Tiger Woods

AKRON (AFP) - Tiger Woods looked and sounded like a broken man after his final round at the Bridgestone Invitational on Sunday where he carded the worst 72-hole score of his 14-year professional career.

Top-ranked defending champion Woods fired a closing seven-over par 77 to finish the World Golf Championships Bridgestone Invitational at 18-over par 298 on a course where he has dominated in past years, winning seven times.

"It has been a long year," Woods said, choking up as he spoke to reporters.

That is as close as Woods has ever come to referring to his off-course problems as he struggles to cope mentally with the reported imminent divorce from wife Elin in the fallout from revelations of his multiple affairs.

Woods was set to finish near the bottom of the 80-man field, shooting over par in every round of an event for the first time since 2003.

With the year's last major title at stake at next week's PGA Championship at Whistling Straits inh Wisconsin, Woods looks unlikely to be a contender for a 15th career major triumph as he chases Jack Nicklaus's all-time record of 18.

"I definitely don't want to start 18-over next week, so it's nice the tournament is over and we can focus on next week," Woods said.

Woods will surrender his

world number one ranking if second-ranked US compatriot Phil Mickelson finishes solo fourth or better at the

"Shooting 18-over is not fun. I don't see how it can be fun, especially since my handicap is supposed to be zero," Woods said.

WGC event.

"I've got to be ready come Thursday. That's all that matters. I need to hit the ball better, chip better, putt better, score better."

Woods said he did not know if he might take another extended break after next week.

He missed five months before beginning his 2010 season at the Masters last April.

Woods also said that while he right now did not deserve to be picked for the American team for October's Ryder Cup showdown against Europe, there was plenty of time to turn his game around before the matches.

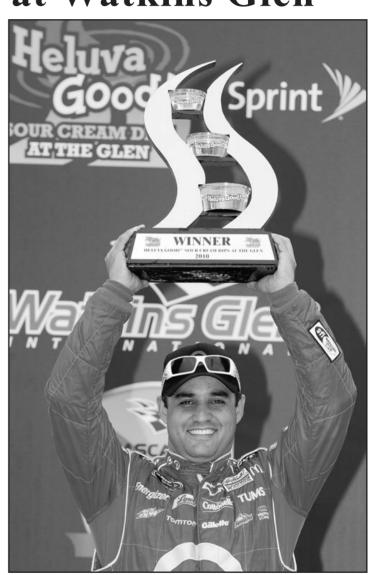
"I wouldn't help the team if I'm playing like this," Woods said. "I think I can turn it around, but we've got a lot of time between now and then, which is good."

Woods' performance was all the more shocking because he appeared to have his form on track at his previous two starts, including last month's British Open at St Andrews, and had shared fourth at the US Open and Masters.

Asked if he was surprised by his woeful form at the WGC event, Woods replied, "No, it doesn't surprise me at all

"I could probably play 18 (more holes on Sunday) and still watch the guys finish."

Montoya triumphs at Watkins Glen



Juan Pablo Montoya, driver of the #42 Target Chevrolet, celebrates after winning the NASCAR Sprint Cup Series Heluva Good! Sour Cream Dips at Watkins Glen International on August 8, 2010 in Watkins Glen, New York. Montoya pulled away on a late restart from Marcos Ambrose, his biggest challenger all day, and beat Kurt Busch by 4.7 seconds in the 90-lap race around the 11-turn, 2.45-mile layout. It was Montoya's second career victory, the other coming on NASCAR's other road course at Sonoma in 2007. Ambrose was third, his third straight top-three finish at Watkins Glen, followed by AJ Allmendinger and polesitter Carl Edwards. Jamie McMurray, Tony Stewart, Kyle Busch, Jeff Burton and Jeff Gordon rounded out the top 10.

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August 14: "Masters of the Game" **Dutch professionals participating** in the Freestyle Soccer and Panna **Knock Out on Aruba**



After the the successful introduction of Panna ball in the different neighborhoods, the Aruba government has invited some some professionals to give a presentation this weekend. This event called "Master of the Game" and will take place August 12, 13 14 and 15. It will be in combination with the Panna finals and a "Freestyle Soccer" clinic will given by the Dutch professionals.

Panna is derived from nutmeg. A nutmeg (or tunnel) is a technique used in football or field hockey, in which a player plays the ball through an opponent's legs. This can be whilst passing to another player, shooting or occasionally to carry on and retrieve it himself. However it is well accepted that the only "true" nutmeg involves retrieving the ball oneself after passing the ball through the opponent's legs, ideally calling "nuts" or "megs" whilst doing

Performing a nutmeg is commonly seen as showing the opponent is lacking in footballing skill, and therefore amongst amateur players (particularly children) nutmegs are frequently tried so as to embarrass the opposition player and prove your own skill.

In recent times, the Panna has become prevalent in the highly regarded Dutch Street Football scene. The Panna itself is considered an ultimate humiliation competitions are held for people to

Out-Panna each other. For this reason many regard Dutch Street Footballers as the best exponents of the

The events kick off on August 12 in the parking lot of the Centro di Bario Playa Pabao from 4 p.m. to 5 p.m. and at the Centro di Bario Noord from 6 p.m. to 7 p.m.



On August 13 the event takes place at the YMCA Dakota from 4:30 to 5:30 p.m. and at the Parke Jaburibari from



6:30 p.m. to 7 p.m. On August 15 the event will be at the Arubus station in San Nicolas from 6 p.m. to 7 p.m.

The main event will be on August 14 in the Caya Betico Croes on the parking lot next to the BID office Here, the "Master of the Game "event will take place, where two players vie against two other opponents on a 4 to 6 meter field. In three minutes time they must score as much goals as possible or play the ball between the opponent's legs to win the game. Professional players present at this event will be among others Dutch Panna KO 2003 Champion and Spain 2004 Champion Dilshan Fong Kiki Musampa of Ajax and Manchester City, and Nordin Wouter of Ajax, Real Zaragoza, Watford, and Pannathinaikos

The Master of the Game event and the Panna finals will be on August 14, in the Caya Betico Croes from 5 p.m. to 7 p.m. and afterwards the "Celebrity Panna Knock Out" from 7 p.m. to 9 p.m. The celebrities who will participate are Minister of Sports Richard Visser, parliament members Paul Croes, Chris Damers and Juan David Yrausquin, and press members Nelson "Speed " Andrade, Cherryldine Muller and Carl Michael Bikker. Well known football players participating are among others Jonathan Lake, Maurice Escalona and Ricky de Leca.

Everyone is invited to come and participate in the Master of the Game event and at the same time watch the professionals and our celebrities in full action.

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'King James' thanks Cleveland fans in homecoming

AKRON (AFP) - LeBron James thanked his fans in Cleveland for their support on Saturday at a charity cycling event in his hometown, his first area visit since dumping the NBA Cleveland Cavaliers for the Miami Heat.

Hundreds of people attended the two-time NBA Most Valauble Player's "King for Kids" celebration, which came a week after James was criticized for a newspaper ad thanking Akron backers but not mentioning fans in Cleveland.

"To the city of Cleveland, my fans in Cleveland, my fans in northeast Ohio, I want to say thank you for the last seven years and the years that continue to go in the future," James said.

James signed a free agent deal with Miami last month,

joining pals Dwyane Wade and Chris Bosh but leaving behind the Cavaliers fans who had adored him for years and hoped in vain he would bring the city a first NBA crown.

Cavaliers owner Dan Gilbert vowed his team would win an NBA title before James does and Cleveland baseball fans threw beer and peanuts at a man who wore a Heat jersey with James' name on it to a Cleveland Indians game, heckling him so bad police had to escort him away.

James cycled a mile with about 400 children and praised his hometown of

'I'm able to give back to the city that I grew up in, the city that I love," he said.



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